

## Household Commodity Fact Sheet

**MILK, NONFAT, INSTANT, DRY**

Date: April 2009

Code: B095

**PRODUCT DESCRIPTION**

- Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and has added vitamins A and D.

**PACK/YIELD**

- Instant nonfat dry milk is packed in 25 ½ ounce packages, which is about 32 servings (1 cup each) of reconstituted (water added) nonfat milk.

**STORAGE**

- Store unopened packages of nonfat dry milk in a cool, clean, dry place.
- After opening, store in a tightly covered container or sealable plastic bag.
- Store prepared nonfat dry milk in a covered container not made from metal in the refrigerator for up to 5 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION**

- To prepare instant nonfat dry milk, combine ⅓ cup nonfat dry milk with 1 cup water and mix well.

**USES AND TIPS:**

- Enjoy prepared instant nonfat dry milk as a beverage.
- Prepared instant nonfat dry milk can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes, and desserts.
- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer.

**NUTRITION INFORMATION**

- 1 cup prepared instant nonfat dry milk (⅓ cup milk plus 1 cup water) count as 1 cup in the MyPyramid.gov Milk, Yogurt, and Cheese Group. For a 2,000 calorie diet, the daily recommendation is about 3 cups.
- 1 cup of prepared instant nonfat dry milk provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: 1 cup (8 fluid ounces) instant nonfat dry milk, after adding water

**Amount Per Serving**

<b>Calories</b>	80	<b>Calories from Fat</b>	0
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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 8g	

Vitamin A	10%	Vitamin C	2%
Calcium	30%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**VEGETABLE CHEESE SOUP****MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 cup instant nonfat dry milk
- 2 cups water
- 3 cups canned mixed vegetables, drained
- ¼ cup onion, chopped
- ½ teaspoon curry powder (if you like)
- 1 cup water
- 1 ½ tablespoons cornstarch
- ½ cup Swiss or cheddar cheese, cut into small pieces or shredded

**Directions**

1. Bring 2 cups water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add that too. Cook, covered, until onion is almost soft.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.

Nutritional Information for 1 serving (about 1 cup) of Vegetable Cheese Soup					
<b>Calories</b>	250	<b>Cholesterol</b>	20 mg	<b>Sugar</b>	19 g
<b>Calories from Fat</b>	40	<b>Sodium</b>	380 mg	<b>Protein</b>	18 g
<b>Total Fat</b>	4 g	<b>Total Carbohydrate</b>	35 g	<b>Vitamin A</b>	927 RAE
<b>Saturated Fat</b>	2.5g	<b>Dietary Fiber</b>	4 g	<b>Vitamin C</b>	9 mg
				<b>Calcium</b>	530 mg
				<b>Iron</b>	2 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

**PEACH SMOOTHIE POPS****MAKES ABOUT 12 SERVINGS****Ingredients**

- 1 ⅓ cups instant nonfat dry milk powder
- 4 cups (2 cans, about 15 ounces each) canned peaches, drained
- 1 cup water
- 1 cup ice cubes
- 3 tablespoons sugar

**Directions**

1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube. Freeze until solid.

**Tip**

You can make this with any kind of fruit you like.

Nutritional Information for 1 serving (1 pop) of Peach Smoothie Pops					
<b>Calories</b>	100	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	18 g
<b>Calories from Fat</b>	0	<b>Sodium</b>	80 mg	<b>Protein</b>	5 g
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	21 g	<b>Vitamin A</b>	105 RAE
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	0 g	<b>Vitamin C</b>	3 mg
				<b>Calcium</b>	170 mg
				<b>Iron</b>	0 mg

Recipe adapted from [Recipezaar.com](http://Recipezaar.com).